

Summer Practice 3

Each day you practise (preferably on most of the days you are at home) choose an exercise from each section.

Extensions

- (1) Backward extension



- (2) Forward extension



Remember - keep your arm and thumb lined up with the second finger.

Try them on the other 3 strings. What will the notes be?

Shifting

- (1) Long Drops and Answer the Phone
 (2) 'Puddy Tat' - all finger patterns
 (3) 'Twinkle' - on one string - try all 4 keys.

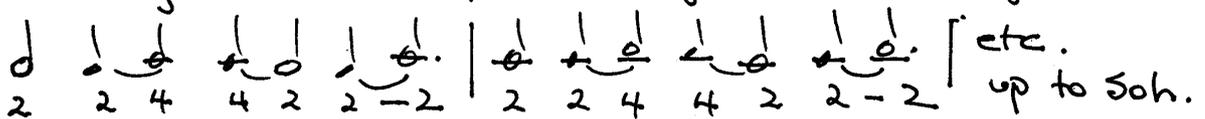
- (4) Harmonics



Do this on the other pairs of strings too.

- (5) G or C double octave game and down the scale or the arpeggio

- ⑥ "Rocking" scale on the 2nd finger. (F or Bb major)



Vibrato

(1) Pluck/flop bangs - first with your second finger. Try the others later.

Is your thumb always under your second finger?

Remember - Count 4:

- (i) Pluck flop (ii) Check your fingers are floppy (iii) Bang
(iv) Are your spare fingers and thumb loose?

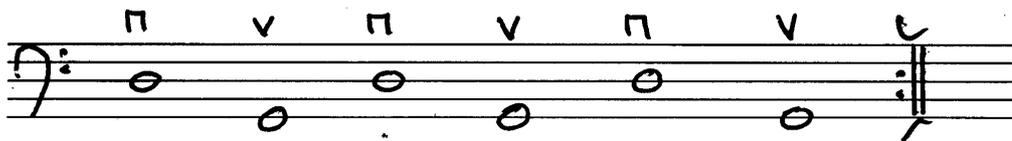
(2) Polishing routine - between D and G strings.

Keep 'polishing' between stages.

- 1 - 4 fingers and thumb 2 - second finger and thumb
3 - thumb "stuck on jam" and arm and second finger polishing
4 - thumb and second finger "stuck on jam" - arm still polishing

String Crossing / legato bows preparation

- (1) Fall down - pull ups (balance bow hair at tip on left hand)
(2) Push down - fall ups (balance bow hair on left hand finger at heel)
(3) Press ups
(4)



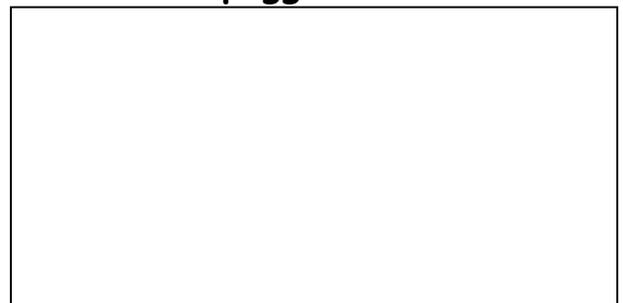
At the point - let your fingers FALL DOWN to G

At the heel - let your fingers curl up as the bow falls onto the D

Scales



Arpeggios



Revise.

Deedles: Do these every day to warm up: a) redhot b) regular

Sick cows: Is your thumb straight across 2 strings?

'Tick tocks' in 4th position and first position

Rounded thumb, gerbil space, gently curved fingers, 'hippo mouth'

Revise: Caterpillars

Circles on the knee

Tummy swings (a) two hands (b) one hand

Arco/pizzicato change

Check: thumb!

Bowings

Choose one of these bowings and practise it first on an open string and then on the scale and arpeggio you have chosen.

① etc. whole bows.

② etc. π bow ovals whole bows

③ etc.

④ etc.

⑤ etc. Even sound

⑥ ⑦ ⑧ ⑨ ⑩ ⑪

⑫ Even bow division. Whole bows - even, matching sound.

13 water Honey

Whole bows
Match the sound

14 wobble wobble tap tap

Whole bows

15 "hips" at heel + tip weight bow on at tip Doorhandle bow on at heel

Use one handed tummy swings to change ends

16 Balance Point B.P. Exaggerated "follow through"

17 $\frac{2}{3}$ $\frac{1}{6}$ $\frac{1}{2}$ 1

18 w.B. etc.

19 20

Bounce "on the spot" by the lapping

8 "on the spot" and 8 with "sideways" - then 4 of each and 2 of each.

- Check**
- (1) Your bow is straight - Railway tracks!
 - (2) You have a good bow hold and rounded thumb
 - (3) Honey and water - do the sounds match?
 - (4) Relaxed shoulder and arm at heel

Pieces, studies and tunes by ear

